UCB Student Body

- 35,409 Total Students Fall 2008
- 25,151 undergraduates (53%F/47%M)
- 10,258 graduate students (55%M/45%F)
- Degrees granted in 2006-07:
  - Bachelor's, 6,629;
  - Master's and professional degrees, 2,351;
  - Doctoral, 895
Profile of Admitted Students

- Number of applicants: 48,400 (Fall 2008)
- 4,300 Freshman students enrolled (Fall 2008)
- 2040 Transfer students (13 to 66 years old)
- 3.82 average GPA Freshmen
- 3.72 average GPA Transfer
- Average SAT Composite score of 1989
- 64% - at least one parent born outside the U.S.
- 30% 1st generation college

Total Students by Ethnicity

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American/Black</td>
<td>1217</td>
<td>3%</td>
</tr>
<tr>
<td>American Indian/Alaska Native</td>
<td>236</td>
<td>1%</td>
</tr>
<tr>
<td>Chicano/Latino</td>
<td>3565</td>
<td>10%</td>
</tr>
<tr>
<td>Asian-American/Pacific Islander</td>
<td>12232</td>
<td>35%</td>
</tr>
<tr>
<td>White/Caucasian</td>
<td>11998</td>
<td>34%</td>
</tr>
<tr>
<td>Other</td>
<td>765</td>
<td>2%</td>
</tr>
<tr>
<td>No Data</td>
<td>2435</td>
<td>7%</td>
</tr>
<tr>
<td>International</td>
<td>2961</td>
<td>8%</td>
</tr>
<tr>
<td>Total Students</td>
<td>35409</td>
<td>100%</td>
</tr>
</tbody>
</table>
Faculty & Fields of Study

• 14 Colleges and Schools

• 130 Academic Departments and more than 80 interdisciplinary research units.

• 2,028 Faculty Members

• + 3500 Graduate Student Instructors

• 1,232 Acres

Targeting High Risk Groups
Utilization of National vs. Campus-Based Data
# UCB Data Sources

**National:**
- SPRC Fact Sheets
- NIMH
- Surgeon General Report
- ACHA
- Independent Research

**Campus-Based:**
- UC Mental Health Report
- OSR Enrollment Reports
- OSR UCUE Surveys
- Berkeley Graduate Student MH Survey
- API Undergrad. Student Life Research Project
- CPS
- On-Line MH Screenings
- Focus Groups
- Anecdotal Data

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**High Risk Factors**

- **Male:** 80%, 4.2 times (SPRC)
- **Black:** rates for young black men are as high as those of young white men. 1980 - 1995, the suicide rate among African Americans ages 10 to 14 increased 233%, compared to 120% of comparable non-Hispanic whites; under 35; owned a gun (Surgeon General Report; SPRC)
- **Veteran:** 2 times civilian males; 58% more likely to use a gun (NIMH)
- **Transfer/Re-Entry:** greater difficulty academic adjustments (UCB)
- **Gun:** (SGR, NIMH, UCB)
- **Achievement Pressures/Burden:** (UCB)

- **Picture of Student**
Graduate Students: A High Risk Group

- Cohort 1 Grant Target
- Graduate and Professional Schools Mental Health Task Force – Fall 2003
- Berkeley Graduate Student Mental Health Survey - Spring 2004
- CPS utilization data
- UC Mental Health Report - 2005

Graduate Student Mental Health Survey

In the last 12 months:

- 67% felt hopeless and overwhelmed (61% ACHA)
- 54% felt depressed, could barely function (45% ACHA)
- 10% reported seriously considering suicide (9% ACHA)
- 1/200 reported that they attempted suicide (n = 18)
- < 2% would first contact MH provider or faculty
- < 33% have used CPS

N = approximately 3,000 graduate students
UC Mental Health Report - 2005
• Graduate Students – A Higher Risk Group

• Level of Stress – Magnified by:
  – Isolation from broader campus life
  – Intense academic pressures
  – Increase presence of family and financial obligations

Asian & Pacific Islander Students
• Target Student Population – Cohort 3 Grant
• 35% of all Berkeley students (OSR 2007)
• 42% undergraduates/18% graduate (OSR 2007)
• Suicide: greater proportion of deaths of 15 to 24 yr. old Chinese and Japanese Americans than European Americans (Leong, 2006)
• 95% immigrant or recent immigrant families (UCUES 2007)
• Academic/Vocational vs. Personal Concerns (Tuicomepee, 2007)
Asian & Pacific Islander Students
Frequency of Different Emotional/Physical Experiences

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Occasionally</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling depressed</td>
<td>40%</td>
<td>13.9%</td>
<td>6.1%</td>
</tr>
<tr>
<td>Feeling stressed</td>
<td>27.9%</td>
<td>37.5%</td>
<td>26.4%</td>
</tr>
<tr>
<td>Feeling lonely</td>
<td>43.2%</td>
<td>17.1%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Feeling too tired (sleep deprived)</td>
<td>26.8%</td>
<td>37.1%</td>
<td>23.9%</td>
</tr>
<tr>
<td>Feeling emotional distress</td>
<td>39.1%</td>
<td>17.9%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Feeling ill, poor physical health, or injured</td>
<td>32.4%</td>
<td>7.2%</td>
<td>2.3%</td>
</tr>
<tr>
<td>Dealing with a difficult living situation</td>
<td>34.4%</td>
<td>11.5%</td>
<td>5.4%</td>
</tr>
</tbody>
</table>

API Undergraduate Student Life Research Project, 2008

API Students – Use of Student Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Never</th>
<th>Rarely</th>
<th>Occasionally</th>
<th>Often</th>
<th>Very Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Financial Aid Office</td>
<td>37.3%</td>
<td>26.5%</td>
<td>25.4%</td>
<td>7.5%</td>
<td>3.2%</td>
</tr>
<tr>
<td>Tang Center</td>
<td>35.4%</td>
<td>36.1%</td>
<td>22.1%</td>
<td>4.6%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Counseling and Psychological Services</td>
<td>85.3%</td>
<td>10.0%</td>
<td>3.9%</td>
<td>0.7%</td>
<td>0%</td>
</tr>
<tr>
<td>Career Center</td>
<td>42.8%</td>
<td>27.1%</td>
<td>23.9%</td>
<td>5.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Multicultural/Cross-Cultural Student Development</td>
<td>71.5%</td>
<td>10.5%</td>
<td>9.0%</td>
<td>4.0%</td>
<td>5.1%</td>
</tr>
<tr>
<td>Transfer Center</td>
<td>93.9%</td>
<td>3.2%</td>
<td>1.1%</td>
<td>1.1%</td>
<td>0.7%</td>
</tr>
<tr>
<td>LGBT Programs &amp; Services</td>
<td>94.3%</td>
<td>3.2%</td>
<td>1.8%</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Gender Equity Resource Center</td>
<td>93.9%</td>
<td>4.3%</td>
<td>1.4%</td>
<td>0.6%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Services for International Students</td>
<td>97.8%</td>
<td>1.4%</td>
<td>0.4%</td>
<td>0.4%</td>
<td>0.0%</td>
</tr>
<tr>
<td>Student Learning Center</td>
<td>32.1%</td>
<td>26.0%</td>
<td>25.3%</td>
<td>12.6%</td>
<td>4.0%</td>
</tr>
<tr>
<td>Student Life Advising Services/Educational Opportunity Program</td>
<td>85.5%</td>
<td>7.6%</td>
<td>4.7%</td>
<td>0.7%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Athletic Study Center</td>
<td>97.8%</td>
<td>0.7%</td>
<td>3.7%</td>
<td>0.4%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Campus Life and Leadership</td>
<td>71.5%</td>
<td>14.7%</td>
<td>8.6%</td>
<td>4.3%</td>
<td>0.7%</td>
</tr>
<tr>
<td>New Student Services</td>
<td>85.1%</td>
<td>9.5%</td>
<td>4.0%</td>
<td>1.1%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

API Undergraduate Student Life Research Project, 2008
Mental Health Screening & API Students

- 4048 Respondents since 2005

<table>
<thead>
<tr>
<th></th>
<th>API</th>
<th>Caucasian</th>
</tr>
</thead>
<tbody>
<tr>
<td>For none or little of the time</td>
<td>64%</td>
<td>71%</td>
</tr>
<tr>
<td>For some of the time</td>
<td>29%</td>
<td>24%</td>
</tr>
<tr>
<td>For most of the time</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>For all of the time</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

Asian & Pacific Islander Students
Use of Mental Health Services

<table>
<thead>
<tr>
<th>Felt Need</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td></td>
<td></td>
<td>White Women Chicano Men Chicano Women</td>
</tr>
<tr>
<td>Low</td>
<td>Japanese Men Chinese Men</td>
<td>White Men South Asian Men Filipino Men</td>
<td>South Asian Women</td>
</tr>
</tbody>
</table>

UC Undergraduate Experience Survey, Berkeley, OSR 2004 (9595 undergraduates)
Students Needing Psychological Counseling but **Not** Seeking it

- All Men 46%
  - White Men 43%
  - Chinese-American Men 52%
  - International Men 62%

- All Women 43%
  - White Women 38%
  - Chinese-American Women 49%
  - International Women 65%

*UC Undergraduate Experience Survey, Berkeley, OSR 2004 (9595 undergraduate)*

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Asian & Pacific Islander Students Mental Health

- CPS Utilization – 20% of Visits/35% of Campus (CPS, 2007, OSR)
- API Students – 33% of hospitalization/108 TH (CPS, 2007)
- 35% of completed suicides, 2001 (16) (CPS, 2007)
- Greater emphasis on Competition/Overachievement vs. Self-care (APASD, 2008; API Undergrd. Student Life Research Project, 2008)
- Greater denial of stress, Need to maintain “Doing well” image (APASD, 2008; API Undergrd. Student Life Research Project, 2008)
- “Not wanting to burden” – 63% (API Undergrd. Student Life Research Project, 2008)
API – Who They Talk With

- API Undergrad. Student Life Research Project, 2008
  - I would turn to my friends 89.1%
  - I would keep it to myself 63.3%
  - I would turn to my family 62.2%

- Journal of Community Psychology (Zhang, Snowden, Sue) 1998
  /SPRC API Fact Sheet (API vs. Caucasian)
  - A friend or relative (12% vs. 25%),
  - A mental health professional (4% vs. 26%),
  - A physician (2% vs. 13%).

Cal – APEIP: Goals & Objectives
(Asian Pacific Islander Early Intervention Program)

- 1) Increase the knowledge of API students and their families about mental health and suicide, addressing stigma, and normalizing help-seeking.

- 2) Increase the capacity of faculty, staff, and student leaders to identify, respond to, assist, and refer API students at risk.

- 3) Strengthen the campus safety network for API students with mental health needs and at risk for suicide, and increasing the campus community’s knowledge of this network.
Cal – APEIP at UCB

• APASD Student Interns
  ○ Dealing with Stress Workshops
  ○ API Experience Film Project
• Over 65 API Student Oriented Organizations
• Asian Pacific American Theme House
• Asian Pacific American Coalition at Cal: student-led coalition of 23 APA organizations
• 3 API sororities/1 fraternity
• REACH! API Recruitment & Retention Center
• Cal – APEIP Campus Advisory Committee/Partnerships
• Institutionalization and Sustainability

Cal – APEIP Campus Advisory Committee/Partnerships

• Alex De Guia – Assistant Director, Student Learning Center
• Edith Ng - Director Staff Affirmative Action Office
• Eugenia Foon – Academic Advisor, College of Engineering
• Jere Takahashi – Coordinator, Multicultural Student Development
• John Matsui - Director, Biology Scholars Program & Assistant Dean, Biological Scns.
• John Verano – Career Counselor, Career Center
• Julian Chow – Associate Professor, Social Welfare
• Khatharyn Um – Associate Professor, Ethnic Studies Department
• Liz Camacho – Student Affairs Officer, Campus Life and Leadership
• Marcia Riley - Director & Ombuds for Students & Postdocs
• Nancy Chu - Assistant Vice Provost
• Paige Lee – Academic Advisor, College of Letters and Science
• Roseanne Fong - Director- New Student Services
• Serena Chen – Associate Professor, Psychology
• Susan Kishi- Academic Advisor, College of Natural Resources
• APAC Student Representatives (2 or 3)
CPS Satellite Office Networks

- Cesar Chavez Center (SLC, TRSPP, GEP, SLAS, MCSD, ASC, Vets)
- Graduate Division
- Incentive Awards Program
- International House
- Residential Life Program
- Disabled Students Program
- Bodwitch Offices, 2009
- Campus Life and Leadership, 2009
- UC Berkeley Law School, 2009
- College of Engineering, 2009
- Biology Scholars Program (Proposed)